



Outdoor Education Program

Student Packet (2017-2018)

Dear Families & Students,

Your student's visit to Pathfinder Ranch is sure to be filled with new experiences and memories. The goal of this trip is to:

Provide meaningful learning experiences that are safe and fun for all participants to build their conservation awareness, knowledge base, and confidence in order to become more responsible global citizens.

Since we are committed to providing a safe and fun learning environment, we need your help in preparing your student for his/her visit. Please carefully review this packet and return all of the necessary forms to your trip coordinator. If any form is not completely filled out, your student might not be able to participate and/or will be sent home early. Enclosed you will find the following information and forms:

Activities & Classes – This page describes the overall camp experience and classes we offer, but we work with each trip coordinator to create a specialized itinerary for your group.

Food & Medical Services – This page includes information on food services, special diets, health services, medications, and Pathfinder staff's service limitations. Please contact your trip coordinator immediately if your child requires special accommodations or has any food/activity restrictions.

Medication Order Form – **DO NOT** complete this form for Benadryl, Tylenol, or ibuprofen. Pathfinder has a physician's standing orders to carry and administer these meds as needed. For all others, please submit the non-expired med in its original container along with this form to your trip coordinator.

Equipment List – Please be sure to send your student with the listed essential gear. The weather varies drastically in the mountains, so double check the weather (<http://pathfinderranch.com/ranch-weather/>) on our website before the trip.

Please contact your trip coordinator with specific questions or visit our website at www.pathfinderranch.com for more general information about our program. Thank you for your support and preparation. We can't wait for your child's trip!

Sincerely,
Ryan Mayeda
Outdoor Education Director



Outdoor Education Program

Student Packet (2017-2018)

ACTIVITIES & CLASSES

Pathfinder Ranch is proud to offer a broad and engaging curriculum. Following is a list of the classes that we offer, but the trip coordinator will decide which of these classes your students will participate in. Please visit our website (<http://pathfinderranch.org/science-classes-info/>) for a full description of each class.

Arrival Day

Students must bring a sack lunch to eat on their arrival day. Ask your trip coordinator if the school will provide these sack lunches. Pathfinder will provide the school's meals from arrival day dinner to departure day lunch. After this sack lunch students will receive a campus orientation.

Academic Classes

Cultural History, Earth's Resources, Ecology, Permaculture, Wilderness Skills, and Wildlife

Recreation Activities

Archery, Canoeing, Horse Activities, Hikes, Ascent (aka Climbing), and Team Challenge

Note: Pathfinder Ranch provides all of the necessary recreation equipment. If you wish to bring your own equipment for these classes (e.g. riding helmet, archery bow), it will need to be inspected and approved by our Recreation Director before use.

All Group Activities & Evening Programs

Astronomy, Catapults, Electives, Free Time (Recess), Lorax & Town Meeting, Mad Science Fair, Night Hike, Predator & Prey, Skit Night, and Weather

For the safety of participants and staff, individuals should NOT participate in the Recreation Activities (see list above) if any of the following conditions apply:

- Over 250 lbs in body weight (only applies to Horseback Riding and Ascent activities)
- Pregnancy (only applies to Horseback Riding and Ascent activities)
- Cardiac disease
- Received an organ transplant
- Currently experiencing abdominal organ enlargement (e.g. Mononucleosis)
- Active orthopedic and/or joint problems (e.g. Rheumatoid arthritis, recent fracture or sprain, or current sutures or staples)
- History of head, neck, or back injuries
- Any condition that a physician has determined creates a limitation to physical activity or if you think that participating in recreation activities will aggravate any previous medical condition

Contact the Recreation Director at 951-659-2455 ext 19 with questions or concerns regarding our recreation activities.



Outdoor Education Program

Student Packet (2017-2018)

FOOD & MEDICAL SERVICES

Pathfinder food service staff can accommodate several special diets including vegetarian, mild nut allergies, gluten free, lactose free, no shellfish, and no pork. However, we sometimes serve food items that have been processed in facilities that also process nuts. If your child has a severe nut allergy, multiple restrictions, or something not listed above, please contact our food service staff at 951-659-2455 ext. 28 to discuss options.

Pathfinder health staff is available 24 hours a day to address basic first aid, minor illnesses, and distribute student medications. Pathfinder health staff **does not** provide care for chronic conditions such as type 1 diabetes. If a child requires special care during the trip, please contact your trip coordinator immediately to make arrangements for your child's care and supervision. We recommend a parent/guardian attend to assist their child. If you have additional health questions, please call 951-659-2455 ext. 22.

STUDENT INFO & FORMS

- Please complete the registration process with the necessary information so we can best accommodate your child. Missing forms will prevent your student from participating, and they may have to leave early.
- **Prescription (Rx) medication WITHOUT** a legible pharmacy label and child's name must be in its original container, not expired, and have a **Medication Order Form** that is signed by a **physician**.
- **Prescription (Rx) medication WITH** a legible pharmacy label and child's name must be in its original container, not expired, and have a **Medication Order Form** that is signed by a **parent/guardian**.
- **Over-The-Counter (OTC) medication** must be in its original container, not expired, and have a **Medication Order Form** that is signed by a **parent/guardian**.

IMPORTANT INFORMATION

- Pathfinder Ranch has a physician's standing orders to carry and administer **Benadryl, Tylenol, and ibuprofen** as needed. DO NOT send these three meds unless it is taken on a regularly scheduled basis.
- All student medications must be in their **ORIGINAL CONTAINERS AND NOT EXPIRED**.
- All student medications will be locked up, and administered only by Pathfinder Ranch staff. The one exception is a student OR adult with that student can carry their emergency meds (e.g. inhaler, Epi-pen).
- A school medication form can be submitted for emergency meds instead of the Pathfinder med form.
- Please mark **inhalers** and **Epi-Pen** boxes with the student's name using **PERMANENT MARKER**.
- Turn in all student medications and forms to the trip coordinator by their advertised deadlines.
- If a parent/guardian does not want certain medical treatment for their child, they must submit a signed letter to Pathfinder staff specifying the action to be taken if medical care or treatment is needed.
- Parent/guardians will be notified if their child has a severe illness or injury while at camp that requires care beyond basic first aid (e.g. severe bone or muscle injury, breathing emergency, loss of consciousness, paramedic intervention, or other condition requiring off-site treatment). Parent/guardians will also be notified for other major concerns (e.g. evacuation, suicidal ideation, violence against self or others, suspicion of lice, poor behavior, or other situation the school faculty determine contact is necessary).



Outdoor Education Program

Student Packet (2017-2018)

PR STAFF:

Medication Order Form

School Name: _____

Student Name: _____ Birth Date: _____
Last First M.I.

Medication Name: _____	Route Taken (Check Box)
Amount (to be given): _____	<input type="checkbox"/> By Mouth
Time(s) & Frequency: _____	<input type="checkbox"/> Topically
<input type="checkbox"/> Administer as needed (Check Box)	<input type="checkbox"/> Inhalation
	<input type="checkbox"/> Intranasal Spray
	<input type="checkbox"/> Injection

Medication Name: _____	Route Taken (Check Box)
Amount (to be given): _____	<input type="checkbox"/> By Mouth
Time(s) & Frequency: _____	<input type="checkbox"/> Topically
<input type="checkbox"/> Administer as needed (Check Box)	<input type="checkbox"/> Inhalation
	<input type="checkbox"/> Intranasal Spray
	<input type="checkbox"/> Injection

Medication Name: _____	Route Taken (Check Box)
Amount (to be given): _____	<input type="checkbox"/> By Mouth
Time(s) & Frequency: _____	<input type="checkbox"/> Topically
<input type="checkbox"/> Administer as needed (Check Box)	<input type="checkbox"/> Inhalation
	<input type="checkbox"/> Intranasal Spray
	<input type="checkbox"/> Injection

- If needed, please print and attach an additional Medication Order Form to this one.
- A **parent/guardian** can sign this form for over-the-counter meds and/or prescription meds **with** a legible pharmacy label and child's name.
- A **physician** must sign this form for prescription meds **without** a legible pharmacy label and child's name.
- For any questions, contact the Pathfinder Ranch Health Center at (951) 659-2455 ext. 22 or FAX (951) 659-0351.

Parent/Guardian OR Physician's Name:

Last First

Signature: _____

Date: _____ Phone: _____

By signing this form, I certify the above information is correct, and authorize Pathfinder Ranch employees to administer the medication(s) or have an adult from the group supervise the child during self-administration.

Physician's Stamp (if applicable)



Outdoor Education Program

Student Packet (2017-2018)

EQUIPMENT LIST

IMPORTANT NOTES

- Sack lunch on arrival day is provided by participants (students and adults) and/or the school. Pathfinder staff will provide meals from arrival day dinner to departure day lunch.
- Students must carry their own luggage, so pack their equipment into **one** suitcase or bag. Keep sleeping bags separate and do not bundle luggage items, because it makes loading the buses/cars **very** difficult.
- Label all personal items and expect them to possibly get lost, dirty, and/or broken.
- Our mountain weather varies widely, so check the weather reports (<http://pathfinderranch.com/ranch-weather/>) a few days prior to determine if you'll need the extra cold weather and/or warm weather gear.

ESSENTIAL GEAR

CLOTHING

- Athletic Shoes or Boots- 2 Pairs
- Warm Socks- 1 Pair/Day + 1-2 Extras
- Underwear- 1 Pair/Day
- Long Pants- 1/Day
- Short or Long Sleeve Shirts- 1/Day
- Sweaters or Sweatshirts- 2
- Warm Jacket
- Rain Jacket or Poncho

CABIN EQUIPMENT

- Sleeping Bag
- Pillow
- Pajamas
- Towel
- Body Soap
- Shampoo & Conditioner
- Sunscreen
- Chapstick
- Toothbrush and Paste
- Other Hygiene Items

OTHER IMPORTANT ITEMS

- Sack Lunch (Arrival Day)
- Water Bottle With Name
- Pencil or Pen
- Day Pack (Drawstring or Backpack)
- Watch
- Plastic Bags- 1 Trash & 2 or More Grocery Bags

COLD WEATHER GEAR

- Extra Sweater or Sweatshirt
- Warm Gloves- 2 Pairs
- Winter Hat or Beanie
- Scarf
- Thick Winter Jacket
- Thermal Underwear (Optional)

WARM WEATHER GEAR

- Shorts- 2 Pairs

OPTIONAL LIST

- Hat (Sun Protection)
- Shower Sandals
- Sunglasses
- Camera
- Reading Book, Playing Cards or Quiet Game

ITEMS NOT ALLOWED

- Flashlight
- Electronics (e.g. Phone, Game)
- Candy, Gum and Snacks
- Radio
- Blow Dryers and Curling Irons
- Aerosol Sprays (e.g. Sunscreen, Hairspray)
- Knives and Weapons
- Pets